




# Anti-Nausea Medication Guide: Netupitant-Palonosetron

Patient Name: \_\_\_\_\_

Chemo Regimen: \_\_\_\_\_

Cycle Number: \_\_\_\_\_

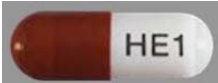


**Instructions for patient:** Please have your anti-nausea medications refilled BEFORE your next cycle.  
Bring your anti-nausea medications on your treatment day.

	Day 1: Treatment Day	Day 2:		Day 3:		Day 4:	
	*Before Chemo	AM	PM	AM	PM	AM	PM
<p>Note: Images are not to scale</p> <p><b>Netupitant-Palonosetron</b> (Akynzeo®) <b>300 mg/0.5mg</b> White &amp; Brown <i>Take with or without food</i></p> 	<p>Take 1 capsule 60 minutes before Chemo</p>						
<p><b>Dexamethasone</b> (Decadron®) <b>4mg</b> White, 5-sided <i>Take with food</i></p> 	<p>Take 3 tablets (12mg total) 30 minutes before Chemo</p>	<p>Take 2 tablets (8mg total)</p>		<p>Take 2 tablets (8mg total)</p>		<p>Take 2 tablets (8mg total)</p>	
<p><b>Prochlorperazine</b> <b>10mg</b> Orange, round <i>Take with or without food</i></p> 	<ul style="list-style-type: none"> <li>You can take 1 tablet every 4 to 6 hours when needed for nausea or vomiting (up to a maximum of 4 tablets (40mg) per day)</li> <li>You can start taking this tablet on “Day 1: Treatment Day” and continue as needed when nauseated</li> </ul>						

**If you have questions about your medications call the Cancer Symptom Support Telephone Service:  
Monday—Friday 8 am—3:30 pm: (705) 728 – 9090 ext. 79565. After hours: 1-877-681-3057.  
Bring this sheet and your medications to your next chemotherapy treatment appointment.**

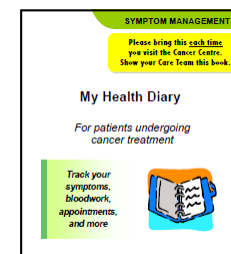
\*Before chemo: 30-60 minutes before your chemo appointment

## Your Medications, Common Side Effects & How to Manage Them:

	<p><b>Netupitant-Palonosetron</b> (Akynzeo®) prevents nausea and vomiting. Common side effects can include headache, weakness, indigestion, fatigue, constipation and skin redness.</p> <p>Call your doctor immediately if you experience agitation, hallucinations, fever, fast heart rate, overactive reflexes, nausea, vomiting, diarrhea, loss of coordination or fainting.</p>
	<p><b>Dexamethasone</b> (Decadron®) works well to help control your nausea but it may increase your blood sugar if you are diabetic, interfere with sleep, increase appetite, cause nervousness, or cause moodiness.</p> <p>If you have diabetes, check your blood sugars regularly and work with your family doctor to help keep blood sugars near normal. Speak with your oncology nurse or doctor to manage other side effects.</p>
	<p><b>Prochlorperazine</b> is to help prevent nausea and vomiting following chemotherapy. Common side effects can include drowsiness, dry mouth, and/or constipation.</p> <p>If you experience any difficulty with emptying your bladder or any new muscle twitching or jerking, please stop the medication and let your oncology nurse or doctor know about this problem.</p>

### Other tips:

- Drink at least 2 litres of non-caffeinated fluids per day, unless told otherwise by your cancer care team. Staying hydrated helps to prevent nausea.
- Use the *My Health Diary* to track your symptoms and bring the Diary each time you visit the hospital
- Complete your symptom screening to rate your symptoms at each doctor visit
- Before you start your anti-nausea medications, inform your cancer care team of the medications you're taking including any over-the-counter drugs, herbal and naturopathic medications.



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